



30/50/100M

October 12-13, 2019

Runners Handbook

"Where does your running take you?"



2019 Runners Handbook

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1.0 Introduction

Welcome to the inaugural Edition of the **Midstate Massive Ultra Trail** race!

The **2019 Runner's Handbook** is your comprehensive guide to all aspects of this event. Please read through it carefully and thoroughly. Your understanding of this information will greatly contribute to your safe and successful completion of the race. If you have any questions or concerns between the day you read this and race day, then please contact us directly at our emails below. Otherwise we look forward to seeing you on race day!

Andy Marx: Andy@NewEnglandRaceEvents.com

Rich Mazzola: Rich@NewEnglandRaceEvents.com

2.0 Race Description

The **Midstate Massive Ultra Trail** will take place at the height of New England foliage season on October 12-13, 2019. There are three separate race distances, which all run on the Midstate Trail.

The Midstate Trail runs from the border of New Hampshire and Massachusetts all the way to the border of Massachusetts and Rhode Island, and briefly entering Connecticut. It is comprised of both public and private lands, which means we are all guests along the trail.

- 2.1** 100 Miles: Start at Windblown XC Ski Area, New Ipswich, NH 10/12/2019
8:00am-12:00pm
- 2.2** 50 Miles: Start at DCR Long Pond Boat Ramp, Rutland, MA 10/12/2019
9:00pm-11:00pm
- 2.3** 30 Miles: Start at Bay Path Vocational School, Charlton, MA 10/13/2019
9:00am

Runners for the 50 and 100 mile races will be started in reverse order based on your projected pace. Runners for the 30 mile race will all start together.

Your exact start time will be posted no later than October 1, 2019. Course cut off times are as follows:

- The 100M cut-off is 36 hours.
- The 50M cut-off is 17 hours.
- The 30M cut-off is 10 hours.

See the Appendix for the estimated starting waves for each event.



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3.0 Sponsors

The following is a list of our awesome sponsors who are part of our ultra-trail adventure.

- **SUUNTO** has been at the forefront of design and innovation for sports watches, dive computers and sports instruments used by adventurers all over the globe. From the highest mountains to the deepest oceans, Suunto physically and mentally equips outdoor adventurers to conquer new territory.
- **ARC'TERYX Boston**, founded in the Canadian Coast Mountain wilderness, is built on the principle of obsessive, precise design and production. Their unique in-house manufacturing and design centers allow them to constantly evolve and build products the right way. Timeless quality, intuitive design and simplicity result in unrivaled performance at the point of extreme need.
- **Tailwind Nutrition** will be providing all of our rehydration products along the course. Tailwind nutrition is designed to overcome the nutrition problems faced by endurance athletes in events like 50's, 100's, 24-hour, and multi-day epics. Tailwind combines complete fuel, hydration, and electrolytes in a tasty drink that won't turn your stomach into a brick.
- **PWRLab**, a DATA-DRIVEN ATHLETIC PERFORMANCE SYSTEM provides better, smarter, healthier training for every athlete. Syncs easily with your GPS enabled watch or device. With projected data right alongside your actual data, you will instantly see how your injury risk will be impacted by each session, enabling you to adjust accordingly and show up on race day, maximally prepared.



4.0 Race Organization and Staff

4.1 Event Directors: Andy Marx and Rich Mazzola

Andy Marx and Rich Mazzola are the Founders and Directors of the race and manage the event in a variety of ways from start to finish. They will be assisted throughout the race by core staff as described below.



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4.2 Core Staff

Core staff positions are listed below along with their respective roles and responsibilities. Please direct any issues/questions to the correct individuals should they arise during the race.

- Volunteer Director: Carol Rainville
- Registration/Timing/Tracking: Mark Gelfond
- Medical: Rob Hunt

5.0 Pre-Race Planning

5.1 Lodging

We have partnered with the Hilton Hotel located in Leominster for our official start line lodging. They are holding a block of rooms for Midstate Massive runners until September. Please check our website for links and future updates for race lodging.

5.2 Required Gear

Please pack and dress appropriately for this race. New England weather can be very unpredictable and you should be prepared with adequate outerwear. The temperatures can vary from the 70's during the day to the 30's during the evening.

Each runner participating in either the 100 mile or 50 mile race are expected to come prepared with the following:

- | | |
|---|--|
| • One (1) reflective vest with reflective strips or reflective wrist/ankle straps or belt | • One (1) Working Flashlight or Headlamp (spare batteries recommended) |
| • Vessel/s / pack to transport water/hydration. Ability to carry 2 liters hydration minimum | • One (1) red blinking light |
| | • One (1) Emergency Blanket |
| | • Cell Phone (w/ charging cable) |

5.3 Crew Support

Support crews can be a great way to undertake an ultra-trail adventure. The following Aid Stations are designated for Crew Support:

- AS4: Wachusett Dental 16 Wyman Rd, Westminster, MA
- AS5: Wachusett Mountain Ski Area 499 Mountain Rd, Princeton, MA



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- AS8: DCR/Rutland Long Pond Boat Ramp (50M Start) Paxton Rd. Rutland, MA
- AS10: Camp Marshall 92 McCormick Rd, Spencer, MA
- AS11: Canterbury Acres: 76 E Charlton Rd, Spencer, MA
- AS13: Leggett and Platt 23 Dana Rd, Oxford, MA
- AS14: Whittier Farms 90 Douglas Rd, Sutton, MA

These are the only Aid Stations where your support crew will be permitted. Parking in undesignated areas will not be permitted. Do not block roads or driveways. If you leave your vehicle in an unapproved area, it will likely be towed at your expense.

Please limit your crew support to one vehicle per runner as parking is limited at some of the aid stations. A Parking Pass will be included in your race packet at runner registration.

Offering aid to runners from a vehicle anywhere other than an official "crew access" aid station is strictly prohibited.

Littering by crews will not be tolerated. Crews must follow the directions of race officials. As a crew, you are a direct reflection of your runner. Failure to follow the rules can result in disqualification of your runner.

Your support crew should be prepared for the weather just as you are. Here are some suggestions that they can bring for you and them:

• Extra clothes (in case of rain)	• Shorts	• Sun Glasses
• Several pairs of shoes/socks	• Bug Spray	• Fleece vest/jacket
• Rain jacket(s)	• Sunscreen	• Gloves and a hat
• Cooler for food and drinks	• Water	• First Aid Kit

5.4 Bag Drops

Bag drops will be collected for unsupported runners at the start for both the 50M and 100M races. 30M runners will not have drop bag collection.

- 100M racers will have access to them at AS5, AS8, AS13 and the finish.
- 50M racers will have access to them at AS13 and the finish.

Bags should be tagged with your name and bib number. Please make sure they are packed in a waterproof bag.



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5.5 Transportation

We are actively searching for transportation options for unsupported runners. This will most likely be in the form of shuttle buses that run from the finish line to the various start lines. Check our website for the most recent updates.

6.0 Race Weekend/Running “The Massive”

6.1 Race Bib/Shirt Pick Up

Bib and shirt pickup will take place at each of the start line areas. You should plan to arrive 45-60 minutes before your scheduled start to make sure you have enough time to check in, coordinate your bag drop, etc. Start times will be posted no later than October 1, 2019.

6.2 Race Number

Your race number must be visible at all times – especially as you arrive at an Aid Station. Race numbers will have different colors to denote the distance you are running.

- Note: There is a small tab at the bottom of your number. This is your ticket for your complimentary finish line meal and beer. Please do not lose it before you finish.

6.3 Cell Phones

Every runner **MUST** have a cell phone that is fully charged before they start. Your phone is necessary for safety considerations but also for our race tracking and timing system. We will be using a GPS enabled software app to track every runner throughout the event. You will be able to share this with friends, family, and crew so that they can track you as well!

More details regarding this app along with download instructions will be sent out ~ 30 days before the race.

6.4 Aid Station Check In

You must run into every Aid Station along the course and check in with our staff. No exceptions. The race course distances include running into and out of Aid Stations.

6.5 Runner Visibility

ALL participants must wear reflective gear during the hours of **5:30 PM and 7:30 AM** everywhere on the course, including Aid Stations. This includes support crew.



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6.6 Dropping Out

We hope it doesn't happen BUT if - for whatever reason - you cannot complete the race, you must notify our staff at an Aid Station and surrender your race number, which will officially withdraw you from the race.

We will be tracking every runner into each Aid Station and if you leave the race and don't show up at the next Aid Station within a reasonable time, we'll assume you're lost and will notify authorities. That won't be good for you if/when they decide to send you the bill for search and rescue.

6.7 Finishing the race & post-race celebration

All 100M, 50M, and 30M finishers will finish the race at Douglas State Park on Sunday. Runners, crews, and spectators are welcome to enjoy the park while cheering for finishers throughout the day. A post-race party and prize ceremonies will be provided.

7.0 Course Marking and Navigation

7.1 Course Signage

Trail marking will consist of bright colored Midstate Trail Yellow Triangles (as shown in the photo to the right), bright yellow *RouteArrows* on pavement where the trail exits onto a road/enters the trail

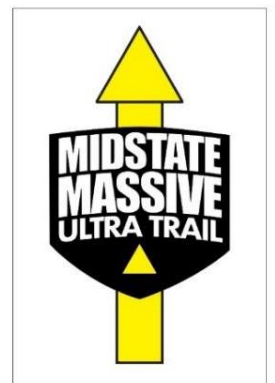
from a road, and other signs as needed.



Midstate Trail Marking Convention: The tip of the triangle identifies whether the trail goes straight or turns. See the telephone pole as an example.



There are several sections of the course where the trail joins a road. When this occurs, you might see Midstate Trail markers along the road along with race-specific arrows placed where needed on the side of the road that you should run on. Please pay attention to this as it will help with your navigation back onto the wooded portion of the trail.





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7.2 *Special Trail Circumstances*

There are some sections of the 100 mile and 50 mile race that deviate from the Midstate Trail to avoid sensitive areas as designated by the Midstate Trail maintenance group. These areas will be noted in route descriptions in the leg maps on our website and will be marked with race specific signage as seen above.

7.3 Other Markings

Traffic cones and/or electronic flares may be used to designate the entry and exit points for Aid Stations.

7.4 Course Maps

Our course maps have been created using GAIA GPS (<https://www.gaiagps.com/>). This site also has an app that you can download to your mobile device. This app can also provide aid in your navigation. Leg Maps are loaded on our website along with the corresponding GPX files.

7.5 Land Use

The **Midstate Trail** traverses both public and privately-owned land. Please keep this in mind as you travel along this great, natural resource and be respectful to private property owners. Do not litter along the course. There will be trash collection at each Aid Station.

You may come upon other people using the trail. Please be considerate and let them know you're approaching them - especially from behind.

8.0 Aid Stations

Sixteen (16) Aid Stations will be located along the course varying in distance between each one. Aid Stations will be run by our volunteer groups and will consist of food, water, hydration drink by **Tailwind**, and medical support. Aid Stations designated for Crew Support will have port-o-johns and power (see section 5.3).

All Aid Stations are CUPLESS. We'll provide the water and Tailwind but you must provide your own re-useable bottle or hydration pack. The **Midstate Massive Ultra Trail** has taken the **FitPlanet Pledge of Sustainability**. See section 14 for more details.

The complete list of Aid Stations, their locations, and timing is in the Appendix.



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8.1 Operations Tents

10' x 10' blue, pop-up tents will be set-up at most Aid Stations and will serve as the center for the operation. This is where the EMT, Aid Station Manager, and Volunteer Group POC can meet and run their respective sites from. The tents will be a visual indicator for the runners as a place to go to ask questions or seek medical attention.

9.0 Medical Support and Runner Safety

9.1 Medical Team Coverage

As a minimum, there will be at least one EMT assigned to each Aid Station while that respective station is open. Each EMT will be equipped to act as a **First Responder** and treat minor wounds and sprains.



9.2 Response Plan

The role of the EMT is to assist any runner who is in need of medical attention, stabilize their condition (if necessary), and initiate contact to the local medical facilities if needed.

IMPORTANT NOTE - PLEASE READ THOROUGHLY

The licensing levels of the EMTs range from Basic to Paramedic. These levels limit the type of treatments they are authorized to provide. They WILL NOT and CAN NOT provide transportation to a medical facility.

The protocol for major conditions involves having the EMT assess and stabilize (if possible) a runner's condition and then contact the nearest medical facility or ambulance service to arrange for transport.

9.3 Response Priority for Emergencies

The sequence for communication priority will be as follows:

Issue	Sequence of Contact Priority
Runners in need of emergency medical attention (ex.: runner gets hit by a car).	1. Dial 911. 2. Contact the nearest staff EMT 3. Contact the Race Director
Runners in need of minor medical attention (twisted ankle, superficial wounds)	1. Contact one of the staff EMTs 2. Arrange for transport (via runner's crew support or an ambulance) to the nearest medical facility if needed.



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Reminder: our race staff **cannot transport an injured runner**. Only your support crew or ambulance can do this. A list of medical facilities is included in the Appendix.

10.0 Volunteer Support

Each Aid Station will be staffed by volunteer groups that represent a local community organization. **Carol Rainville** has the responsibility for organizing and directing volunteers to support the Aid Stations of the race; including the start and finish. Each Aid Station will have a dedicated **Volunteer Point of Contact** who represents the volunteer organization that has been assigned there.

Please email Carol directly at volunteers@newenglandraceevents.com should you know of someone who is interested in joining our “**Massive**” support team.

11.0 Communication

On course communication will be handled via Cell Phones: **you must bring your own cell phone** and make sure we have your number. These will be collected at packet pick-up.

12.0 Timing

The on-course clock will begin when the first runners are started at 8:00AM on Saturday and will be stopped at 6:00PM on Sunday. The times for each runner will be calculated by taking the difference between the finishing time and the scheduled start time, and will be officially verified after assessing the runner was recorded at each aid station.

13.0 Runner Expectations

The following are the basic rules/expectations for participating in the Midstate Massive Ultra Trail:

- 13.1 Adhere to Race Staff/Volunteer Instructions:** Runners are required to follow the instructions provided to them by our staff throughout the event. This includes support crews. Failure to do so could result in disqualification.
- 13.2 Navigation:** If you make a wrong turn, you must return to the course on foot to the point where the error occurred and resume the race from there. Cutting the course is cheating.
- 13.3 Visibility/Reflective Vests:** Each runner must have
 - One (1) working flashlights and/or headlamps,
 - One (1) reflective vests with reflective strips or reflective wrist/ankle straps or belt
 - One (1) rear blinking light



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- Runners **must wear reflective gear** between **5:30 PM and 7:30 AM**.
- Note: Aid Station Managers may expand these time limits based on weather and light conditions. **NO runner will be allowed to start or continue without the proper reflective gear. NO EXCEPTIONS.**

13.4 Public Nuisance Rule: urinating/defecating or the appearance of urinating on public or private property that is part of the course including, but not limited to Aid Stations, will result in immediate disqualification.

13.5 Alcohol: No alcohol is not permitted at any Aid Station at any time. MA State Parks do not allow open alcoholic beverages or glass containers on park property. Please abide by this. Immediate Disqualification will occur if you or your crew are found with open alcohol containers.

13.6 Race Number Visibility: Your race number **MUST** be visible at all times especially when coming into an Aid Station and/or crossing the finish line. No race number = no finish time.

13.7 Dogs: Sorry dogs are not permitted on the course. No exceptions.

14.0 Sustainability

We are committed to making the race as green as possible. Our greening initiatives are being guided by [Athletes for a Fit Planet](#). We've taken the [Pledge of Sustainability](#) as a first step. Below is a summary of what we are planning this year.



- Cupless Aid Stations: why have cups when everyone needs to have their own bottles – right?
- Recycling collection: cardboard and plastics will be collected at each aid station and recycled after the race.
- Green, portable toilets
- Recyclable plastics whenever possible (such as your post-race beer!)

15.0 Cancellation Policy

If a significant event were to occur on or near race weekend and state and/or local authorities deem it unsafe for us to hold the event, we will be obligated to cancel the event. Notification of this cancellation will occur through direct email to all runners and through updates on our Facebook page and website. No refunds will be provided.

Based on the complexity of executing this event, it is not possible to have a 'rain' date. We are prepared to be able to handle most weather situations so we can provide a safe event for all participants. However, we do require the support of state and local officials to conduct this race safely and will only do so with their continued approval.



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APPENDIX

- **Emergency Services Information**
- **Aid Station Timing**
- **100M Start Timing**
- **50M Start Timing**



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Emergency Services Information (initial listing)

- Athol Hospital 2033 Main St, Athol, MA 01331
www.atholhospital.org +1 978-249-3511
- Saint Vincent Hospital Emergency Room 123 Summer St,
Worcester, MA 01608 www.stvincenthospital.com +1 508-363-5000
- UMass Memorial - HealthAlliance Hospital 60 Hospital Rd,
Leominster, MA 01453 www.healthalliance.com +1 978-466-2000



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Midstate Massive Ultra Trail 100 Mile Aid Stations

Aid Station Number	Location	Open Time	Close Time	Cumulative Miles	Leg Distance
100M Start	Windblown XC Ski 1180 Turnpike Rd, New Ipswich, NH 03071	6:00 AM	2:00 PM	0.0	0.0
AS1	Binney Hill Rd, New Ipswich, NH 42.722115, -71.905575	9:00 AM	2:30 PM	5.9	5.9
AS2	Old Pierce Road Ashburnham, MA 42.689075, -71.907309	10:15 AM	3:00 PM	9.7	3.8
AS3	RT 12/Jewell Hill Rd. Ashburnham, MA 42.625983, -71.882228	12:00 PM	4:00 PM	15.4	5.7
AS4*	Wachusett Dental 16 Wyman Rd, Westminister, MA	3:00 PM	5:30 PM	23.6	8.2
AS5*	Wachusett Mt Parking lot 499 Mountain Rd, Princeton, MA	4:00 PM	6:30 PM	29.0	5.4
AS6	Old Colony Rd Extension Hubbardston, MA 42.451408, -71.953464	6:00 PM	9:00 PM	37.7	8.7
AS7	Barre Falls Dam, Barre, MA 01005	7:45 PM	11:15 PM	45.2	7.5
AS8*/50M Start	Rutland Boat Ramp Barre Paxton Rd. Rutland, MA	8:00 PM	1:30 AM	51.3	6.1
AS9*	Camp Marshall 92 McCormick Rd, Spencer, MA	9:45 PM	3:30 AM	58.6	7.3
AS10	Moose Hill Rd Leicester, MA 42.273938, -71.957493	11:00 PM	5:30 AM	63.3	4.7
AS11*	Canterberry Acres 76 E Charlton Rd, Spencer, MA	12:00 AM	7:30 AM	69.5	6.2
AS12	Ye Old Commons 120 Northside Rd, Charlton, MA	1:45 AM	9:00 AM	74.0	4.5
AS13*	Leggett and Platt 23 Dana Rd, Oxford, MA	2:45 AM	11:30 AM	81.3	7.3
AS14*	Whittier Farms 90 Douglas Rd, Sutton, MA	4:00 AM	12:30 AM	87.1	5.8
AS15	RT 16 @ Webster St/Douglas Rd - Douglas State Forest off SW Main St and High St.	5:00 AM	3:00 PM	92.2	5.1
AS16A: Douglas SP	Trail Head Parking - Douglas State Forest	5:30 AM	4:15 PM	96.0	3.8
AS16B: Douglas SP	Trail Head Parking - Douglas State Forest	6:00 AM	5:30 PM	99.7	3.7
Finish	Douglas State Forest	6:00 AM	6:00 PM	100.9	1.2

100.9

* Aid Stations for Crew Support



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100M Start Wave Timing

Midstate Massive Ultra Trail 100 Mile Timing

Aid Station Number	Location	Open Time	Close Time	Cumulative Miles	Leg Distance	20 min/mile		18 min/mile		16 min/mile		14 min/mile		12 min/mile		10 min/mile	
						Hours to complete leg	Clock Time	Hours to complete leg	Clock Time	Hours to complete leg	Clock Time	Hours to complete leg	Clock Time	Hours to complete leg	Clock Time	Hours to complete leg	Clock Time
100M Start	Windblown XC Ski	6:00 AM	2:00 PM	0.0	0.0	0	8:00 AM	0	8:30 AM	0	9:30 AM	0	11:00 AM	0	12:00 PM	0	2:00 PM
AS1	1180 Tumpike Rd, New Ipswich, NH 03071 Binney Hill Rd, New Ipswich, NH 42.722115, -71.905575	9:00 AM	2:30 PM	5.9	5.9	1.97	9:58 AM	1.77	10:16 AM	1.57	11:04 AM	1.38	12:22 PM	1.18	1:10:48 PM	0.98	2:59:00 PM
AS2	Old Pierce Road Ashburnham, MA 42.689075, -71.907309	10:15 AM	3:00 PM	9.7	3.8	1.27	11:14 AM	1.14	11:24 AM	1.01	12:05 PM	0.89	1:15 PM	0.76	1:56:24 PM	0.63	3:37:00 PM
AS3	RT 12/Jewell Hill Rd, Ashburnham, MA 42.625983, -71.882228	12:00 PM	4:00 PM	15.4	5.7	1.90	1:08 PM	1.71	1:07 PM	1.52	1:36 PM	1.33	2:35 PM	1.14	3:04:48 PM	0.95	4:34:00 PM
AS4*	Wachusett Dental 16 Wymann Rd Westminister, MA	3:00 PM	5:30 PM	23.6	8.2	2.73	3:52 PM	2.46	3:34 PM	2.19	3:47 PM	1.91	4:30 PM	1.64	4:43:12 PM	1.37	5:56:00 PM
AS5*	Wachusett Mt parking lot 499 Mountain Rd, Princeton, MA	4:00 PM	6:30 PM	29.0	5.4	1.80	5:40 PM	1.62	5:12 PM	1.44	5:14 PM	1.26	5:46 PM	1.08	5:48:00 PM	0.90	6:50:00 PM
AS6	Old Colony Rd Extension Hubbardston, MA 42.451408, -71.953464	6:00 PM	9:00 PM	37.7	8.7	2.90	8:34 PM	2.61	7:48 PM	2.32	7:33 PM	2.03	7:47 PM	1.74	7:32:24 PM	1.45	8:17:00 PM
AS7	Barre Falls Dam Barre, MA 01005	7:45 PM	11:15 PM	45.2	7.5	2.50	11:04 PM	2.25	10:03 PM	2.00	9:33 PM	1.75	9:32 PM	1.50	9:02:24 PM	1.25	9:32:00 PM
AS8*/50M Start	Rutland Boat Ramp Barre Paxton Rd, Rutland, MA Camp Marshall	8:00 PM	1:30 AM	51.3	6.1	2.03	1:06 AM	1.83	11:53 PM	1.63	11:10 PM	1.42	10:58 PM	1.22	10:15:36 PM	1.02	10:33:00 PM
AS9*	92 McCormick Rd, Spencer, MA Moose Hill Rd, Leicester, MA	9:45 PM	3:30 AM	58.6	7.3	2.43	3:32 AM	2.19	2:04 AM	1.95	1:07 AM	1.70	12:40 AM	1.46	11:43:12 PM	1.22	11:46:00 PM
AS10	42.279398, -71.957493 Canterberry Acres	11:00 PM	5:30 AM	63.3	4.7	1.57	5:06 AM	1.41	3:29 AM	1.25	2:22 AM	1.10	1:46 AM	0.94	12:39:36 AM	0.78	12:33:00 AM
AS11*	76 E Charlton Rd, Spencer, MA Ye Old Commons	12:00 AM	7:30 AM	69.5	6.2	2.07	7:10 AM	1.86	5:21 AM	1.65	4:02 AM	1.45	3:13 AM	1.24	1:54:00 AM	1.03	1:35:00 AM
AS12	120 Northside Rd, Charlton, MA Leggett and Platt	1:45 AM	9:00 AM	74.0	4.5	1.50	8:40 AM	1.35	6:42 AM	1.20	5:14 AM	1.05	4:16 AM	0.90	2:48:00 AM	0.75	2:20:00 AM
AS13*	23 Dana Rd, Oxford, MA Whittier Farms	2:45 AM	11:30 AM	81.3	7.3	2.43	11:06 AM	2.19	8:53 AM	1.95	7:10 AM	1.70	5:58 AM	1.46	4:15:36 AM	1.22	3:33:00 AM
AS14*	90 Douglas Rd, Sutton, MA RT 16 @ Webster St/Douglas Rd - Douglas State Forest off SW Main St and High St.	4:00 AM	12:30 AM	87.1	5.8	1.92	1:01 PM	1.725	10:36 AM	1.53	8:42 AM	1.34	7:18 AM	1.15	5:24:36 AM	0.96	4:30:30 AM
AS15	Trail Head Parking - Douglas State Forest	5:30 AM	4:15 PM	92.2	5.1	1.70	2:43 PM	1.53	12:08 PM	1.36	10:04 AM	1.19	8:30 AM	1.02	6:25:48 AM	0.85	5:21:30 AM
AS16A: Douglas SP	Trail Head Parking - Douglas State Forest	6:00 AM	5:30 PM	99.7	3.7	1.23	5:13 PM	1.11	2:23 PM	0.99	12:04 PM	0.86	10:15 AM	0.74	7:55:48 AM	0.62	6:36:30 AM
AS16B: Douglas SP	Douglas State Forest	6:00 AM	6:00 PM	100.9	1.2	0.40	5:37 PM	0.36	2:45 PM	0.32	12:23 PM	0.28	10:31 AM	0.24	8:10:12 AM	0.20	6:48:30 AM
Finish				100.9	100.9	33.6		30.3		26.9		23.5		20.2		16.8	

* Aid Stations for Crew Support



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50M Start Wave Timing

Midstate Massive Ultra Trail 50 Mile Timing

Aid Station Number	Location	Open Time	Close Time	Cumulative Miles	Mile Marker	18 min/mile		16 min/mile		14 min/mile		12 min/mile		10 min/mile	
						Hours to complete leg	Clock Time	Hours to complete leg	Clock Time	Hours to complete leg	Clock Time	Hours to complete leg	Clock Time	Hours to complete leg	Clock Time
50M Start/AS8	Rutland Boat Ramp Barre Paxton Rd. Rutland, MA 01543	6:00 PM	12:45 AM	0	0	0	12:00 AM	0	12:00 AM	0	12:00 AM	0	12:00 AM	0	12:00 AM
AS9*	Camp Marshall 92 McCormick Rd. Spencer, MA 01562	9:45 PM	3:30 AM	7.3	7.3	2.19	2:11 AM	1.95	1:56 AM	1.70	1:42 AM	1.46	1:27 AM	1.22	1:13 AM
AS10	Moose Hill Rd. Leicester, MA 01524 42.273938, -71.957493	11:00 PM	5:30 AM	12.0	4.7	1.41	3:36 AM	1.25	3:12 AM	1.10	2:48 AM	0.94	2:24 AM	0.78	2:00:00 AM
AS11*	Canterberry Acres 76 E Charlton Rd. Spencer, MA 01562	12:00 AM	7:30 AM	18.2	6.2	1.86	5:27 AM	1.65	4:51 AM	1.45	4:14 AM	1.24	3:38 AM	1.03	3:02:00 AM
AS12	Ye Old Commons 120 Northside Rd. Charlton, MA 01507	1:45 AM	9:00 AM	22.7	4.5	1.35	6:48 AM	1.20	6:03 AM	1.05	5:17 AM	0.90	4:32 AM	0.75	3:47:00 AM
AS13*	Leggett and Platt 23 Dana Rd. Oxford, MA 01540	2:45 AM	11:30 AM	30.0	7.3	2.19	9:00 AM	1.95	8:00 AM	1.70	7:00 AM	1.46	6:00 AM	1.22	5:00:00 AM
AS14*	Whittier Farms 90 Douglas Rd. Sutton, MA 01590	4:00 AM	12:30 AM	35.8	5.8	1.73	10:43 AM	1.53	9:32 AM	1.34	8:20 AM	1.15	7:09 AM	0.96	5:57:30 AM
AS15	RT 16 @ Webster St/Douglas Rd - Douglas State Forest off SW Main St and High St.	5:00 AM	3:00 PM	40.9	5.1	1.53	12:15 PM	1.36	10:53 AM	1.19	9:31 AM	1.02	8:10 AM	0.85	6:48:30 AM
AS16A: Douglas SP	Trail Head Parking - Douglas State Forest	5:30 AM	4:15 PM	44.7	3.8	1.14	1:23 PM	1.01	11:54 AM	0.89	10:25 AM	0.76	8:55 AM	0.63	7:26:30 AM
AS16B: Douglas SP	Trail Head Parking - Douglas State Forest	6:00 AM	5:30 PM	48.4	3.7	1.11	2:30 PM	0.99	12:53 PM	0.86	11:16 AM	0.74	9:40 AM	0.62	8:03:30 AM
Finish	Douglas State Forest	6:00 AM	6:00 PM	49.6	1.2	0.36	2:51 PM	0.32	1:12 PM	0.28	11:33 AM	0.24	9:54 AM	0.20	8:15:30 AM
						49.55	14.87	13.71	11.56	9.91	8.26				

* Aid Stations for Crew Support